**GIRLS 2021**

**Conference**

**Girl power in a digital world**

**Friday, March 5th | 10am-2pm**



On Friday, March 5th, 2021 [Mount Saint Vincent University](https://www.msvu.ca/) and the [Alexa McDonough Institute for Women, Gender, and Social Justice](https://www.msvu.ca/research-at-the-mount/research-chairs/centres-and-institutes/the-alexa-mcdonough-institute-for-women-gender-and-social-justice/) (AMI) will welcome junior and senior high school girls from across the province to the 2021 Girls Conference. To mark our tenth annual conference celebrating International Women’s Day, this year registration is free compliments of Mount Saint Vincent University. The conference will take place during the school day from 10 am – 2 pm.

Young women at the conference will have the opportunity to participate in various workshops and activity sessions which include confidence building, leadership skills, personal and professional growth, and developing stronger minds and bodies. They will also be able to share their ideas and opinions while learning effective strategies for expressing themselves and new ways to explore making a difference in their communities.

Workshop and activity sessions will give young women the opportunity to tell their stories, share their ideas and advice with each other while pushing boundaries in new areas and having some fun in a gathering that is a safe space for girls to explore new horizons and new challenges.

**How the virtual conference will work**

Depending on the COVID-19 restrictions in place in individual schools, the girls will join the conference from their regular classrooms or spaces their schools have designated for delegates. They will need:

* A device with video, audio, and microphone capabilities such as a tablet, or laptop/computer
* Headphones for their device

A text-navigator will be present in each workshop to ensure chat messages from delegates who may be joining from their classrooms are communicated to workshop leaders.

**Registration**

Individual delegates and groups are required to complete the registration form.

There is no registration fee for this conference and there is no limit to the number of girls that can register. Once registered students will receive an email confirmation the week of the conference along with the virtual workshop link.

Registration will close on Sunday February 28th at 11:55 pm. Any request to register after the closing date should be sent to [girlsconference@msvu.ca](mailto:girlsconference@msvu.ca)

\*The young women should use an email account they monitor regularly to ensure they have access to the workshop link. \*

Register Here:

<https://forms.office.com/Pages/ResponsePage.aspx?id=cF4Z0V-78UOJAks_bPxJxn-mCuActF1OkcrpRUN2wXxUQTFTWUkyV1VTQVgwNjdOOEFHVUxZQloyUS4u>

**Workshops**

**1.** **The Wonders of Coding**

Time: 10:00 – 10:55 am

Lead by: SuperNova

Description: In this interactive workshop, participants will create their own webpage game and discover the world of web creation while coding with HTML, CSS and JavaScript.

**2. Indigenous Girls**

Time: 10:00 – 10:55 am

Lead by: TBA

Description: In this workshop Indigenous girls and their allies will have the opportunity to discuss the differences between Indigenous and western world views and explore how these views shape our experience and perceptions of girlhood.

**3**. **Anti-Oppression & Anti-Racism Workshop**

Time: 11:00 am – 11:55 am

Lead by: Magic Project

Description: We will be exploring concepts of anti-oppression and anti-racism and thinking about how we can apply these frameworks in navigating our lives and the world around us. Kate Macdonald will be facilitating this conversation, but it should be noted that this will be a collective and shared learning space. We can all learn from each other and have important pieces of this work to share. We will be embarking on this conversation on unceded, un-surrendered Mi'kmaq territory.

**4. Social media/Body image**

Time: 11:00 – 11:55 am

Lead by: TBA

Description: This workshop will cover beauty standards communicated by mainstream media and how these standards shape our perceptions of ourselves and others. The use of filters and photoshop, and how these tools create unrealistic expectations for women and girls, will be discussed. There will also be information about loving yourself and being happy in your body.

**5. Mental Health/Isolation**

Time: 12:00 – 12:55 pm

Lead by: Manitoba Sexual Education Resource Centre

Description: This workshop helps youth to understand that we all have mental health and, like our physical health, have to work towards mental wellness. We will explore different ways stress, the impacts of Covid-19, and trauma impact our wellbeing. We will discuss coping strategies, including stress reduction activities, to get through hard times. This workshop highlights resources and supports while emphasizing help-seeking strategies.

**6. LGBTQ+/Bullying**

Time: 1:00 pm – 1:55 pm

Lead by: Youth Project Halifax

Description: Strong allies make strong leaders, and allyship is a practice that needs to be intentionally developed. In this workshop, you will learn some basics related to gender and identity, why knowing these things is important, and how you can support those in your life experiencing difficulties related to their gender or identity.